Stop

you will die soon

Mohammed Saeed Raslan

Stop … You will die soon

توقف!

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Index

Index _____ *3*

Translator introduction _____ *4*

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ _____ *5*

*The reality of death and the lack of preparation for it*_____ *9*

Stop... you will die!! _____ *10*

Translator introduction

All praise is due to Allah; we praise Him and seek His forgiveness.

We seek refuge in Allah from the evils of our souls and the wickedness of our deeds.

He, whom Allah guides, none can misguide him, and he whom He misguides, none can guide him.

I bear witness there is no deity worthy of worship in truth except Allah, alone, without partner.

His is the dominion and His is the praise.

He gives life and causes death, and He is over all things competent. Now then:

I have translated the book before you, entitled (**Stop ... you will die soon**) by (**Mohamed Saeed Raslan**) because of the many benefits and advantages it contains for the Muslim.

This translation is my own effort. If I do well, it is from Allah and His guidance to me, and if I make a mistake, it is from myself and from Satan.

I ask Allah to make this work of mine purely for Him and to spread the word of truth throughout the entire earth and to teach Muslims who do not speak Arabic their religion that Allah has chosen for them.

The one in need of his Lord's forgiveness: **Omar bin Ahmed Tohamy**.

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

All praise is due to Allah. We praise Him, seek His help, and ask for His forgiveness. We seek refuge in Allah from the evil of our own souls and the wickedness of our deeds. Whomever Allah guides, none can lead astray, and whomever He leads astray, none can guide. I bear witness there is no deity worthy of worship in truth except Allah, without any partner, and I bear witness that Muhammad is His servant and Messenger, may Allah's peace and blessings be upon him.

﴿يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تُقَاتِهِ وَلَا تَمُوتُنَّ إِلَّا وَأَنتُم مُّسْلِمُونَ﴾

“O you who have believed, fear Allah as He should be feared and do not die except as Muslims [in submission to Him].” [Al-Imran: 102]

﴿يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُم مِّن نَّفْسٍ وَاحِدَةٍ وَخَلَقَ مِنْهَا زَوْجَهَا وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً ۚ وَاتَّقُوا اللَّهَ الَّذِي تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ ۚ إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا﴾

“O mankind, fear your Lord, who created you from one soul and created from it its mate and dispersed from both of them many men and women. And fear Allah, through whom you ask one another, and the wombs. Indeed Allah is ever, over you, an Observer.” [An-Nisa: 1]

﴿يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَقُولُوا قَوْلًا سَدِيدًا يُصْلِحْ لَكُمْ أَعْمَالَكُمْ وَيَغْفِرْ لَكُمْ ذُنُوبَكُمْ ۗ وَمَن يُطِعِ اللَّهَ وَرَسُولَهُ فَقَدْ فَازَ فَوْزًا عَظِيمًا﴾

“O you who have believed, fear Allah and speak words of appropriate justice. He will [then] amend for you your deeds and forgive you your sins. And whoever obeys Allah and His Messenger has certainly attained a great attainment.”[Al-Ahzb: 70-71]

Now then:

The truest of speech is the Book of Allah, and the best guidance is the guidance of Muhammad, may Allah's peace and blessings be upon him. The worst of matters are those that are newly invented, for every newly invented matter is an innovation, every innovation is misguidance, and every misguidance leads to Hellfire.

Now then:

Psychological well-being is a rare quality among humankind. You may live your entire life and never see a person who has attained psychological well-being as it should be attained! Humans have always lived amidst lies, relishing them and despising truths and those who confront them with them. This is because a person's psychology and intellectual background are shaped by

many factors; no single element alone determines their character. Rather, many elements contribute to its formation, and these elements may be conflicting, leading to psychological conflict on a personal level, which can result in many unseen and unfelt illnesses.

The reason for this is that a person does not choose their path thoughtfully, intellectually, and rationally. Instead, they confine themselves to a particular society, time, and circumstances, in a form they were born to parents they did not choose, and within social, scientific, and economic conditions they did not determine. Then they proceed through life, continuing on their path according to the point from which they began. This starting point may have been flawed, and the more they strive and exert themselves, the further they stray from their goal. It's simple... If we were to stand for prayer, facing the direction of Qiblah of Allah Almighty, and draw a straight line from our current position to the Kaaba, we wouldn't be obligated to face it precisely, since we can't see it, but rather its direction.

However, if we were to draw a straight line from our current position, preparing ourselves for prayer and facing the direction of Allah, and this straight line began between our feet and extended to the Kaaba, and we deviated from this straight line at the beginning of our standing, by a single degree of a known geometric degree, then the further we proceed, the further we stray from our goal.

Therefore, one doesn't pause briefly to consider the beginning but continues on their way! You may have started on the wrong foot, placed in a situation you didn't consider, without paying attention to its consequences. The proof of this is that you probably don't know anyone in this world who changed the course of their life after careful consideration, reflection, and contemplation of their situation and its ultimate outcome, only to realize the error of their ways and change their life's path.

All you know about these people is that they persist in what they find appealing, diligently pursuing what they imagine to be their goal, even though it ultimately amounts to nothing but illusion and mirage.

The Prophet (peace and blessings be upon him) guided us to something, and this is something we often disregard—indeed, we often disregard it: The Prophet (peace and blessings be upon him) forbade striking a child for neglecting prayer until they reach ten years of age: **"Command your children to pray when they are seven, and strike them for neglecting it when they are ten."**[1] The Prophet (peace and blessings be upon him) prohibited commanding prayer firmly because it is not obligatory for them; rather, they should be accustomed to it. However, they

[1] **It was narrated by Abu Dawud (1/133 No. 495) from the hadith of Abdullah bin Amr, may Allah be pleased with them both. The hadith was authenticated by Al-Albani in Irwa' al-Ghalil (1/266 No. 247), and it has a supporting narration from the hadith of Sabra bin Ma'bad, may Allah be pleased with him.**

should be commended gently, with encouragement and admonition, never resorting to physical punishment. They should only be struck once they reach ten years of age.

Psychologists say that there is no neurosis in adulthood without a neurosis in childhood. This means that you will not find anyone who develops depression, schizophrenia, psychosis, auditory, visual, or sensory hallucinations—any mental illness—in adulthood without having experienced it in childhood. At what age? Up to six years old.

There is no neurosis in adulthood without a neurosis in childhood, and therefore they attribute it to the early experiences of childhood.

People often live in illusions and lies, resorting to what are called defensive mechanisms to avoid being broken by themselves and their society.

Among these psychological mechanisms is the well-known "rationalization," and another is "projection," which is also well-known.

Everyone knows rationalization and uses it as an example, but they don't pay attention to its meaning or strive to understand its significance. Otherwise, they might resort to this defensive mechanism when they make mistakes, justifying their errors to themselves.

Remember the story of the fox who wanted to reach a bunch of grapes that were high up? He kept jumping to get them but couldn't reach them. In the end, he said they were sour! That's a rationalization!

You often see this with students, for example. After graduating high school, they apply to a college that requires special abilities and skills, and they are extremely eager to get in. If they fail, they say when told they didn't get in: "You know, if I had been accepted, I wouldn't have gone. Is this a college? Is this a future?"

This is a rationalization, and they're trying hard not to admit defeat.

People, in general, live in lies. They don't confront the truth, and if someone confronts them with the unvarnished truth, they hate and fight them, even though the truth is undeniable. Also, projection...

It's truly astonishing when you encounter it in real life without understanding its background or meaning. A harsh father, rigid, rough, and violent, is excessively cruel to his son without any justification. Meanwhile, a kind, compassionate, and loving uncle is more affectionate towards his nephew than his own father... So what do you find?!

You find the son—whose father is harsh on him—slandering and criticizing his uncle!

This is projection... He doesn't intend to criticize his uncle, who is kind, merciful, and loving towards him. Rather, he directs his criticism and slander at his father, but he doesn't recognize this himself. So what does he do?!

He unleashes all his anger and resentment on his merciful uncle. This is projection.

We do this all the time. People don't like the truth, and if someone confronts them with the truth, they hate them as much as they hate the truth itself.

The reality of death and the lack of preparation for it

One of the greatest truths of existence is death.

If you tell someone, "You will die," or rather, "You are already dead," as Allah Almighty said to His Prophet:

﴿إِنَّكَ مَيِّتٌ وَإِنَّهُم مَّيِّتُونَ﴾

“Indeed, you are to die, and indeed, they are to die.” [Az-Zumar: 30]

It means you will die, and they will die. This is an undeniable truth.

All people are absolutely certain of this truth, yet they hate it and hate those who remind them of it and confront them with it. And when confronted with it, they remember it but do not act accordingly, even though Allah Almighty confronted His Prophet, His chosen one, the most beloved of His creation, and the noblest of Allah's creation with it, saying,**“Indeed, you are to die, and indeed, they are to die.”**

Stop... you will die!!

Many things begin on the wrong foot, so one must pause and ask:

Why are you on this path?!

Why are you on this road?!

What brought you to this field?!

Why did you choose this craft and why did you pursue this profession?!

Why do you treat people this way?!

And why do you achieve your goals through these methods?!

One must stop because you didn't begin by choice; rather, it was imposed upon you, and you didn't pause to reconsider.

Allah, the Lord of the Worlds, sent us His noble Prophet, peace and blessings be upon him, to remind us of the truth about human weakness. Human beings are weak; they were created from weakness, they live in weakness, they die weak, and they will be resurrected on the Day of Judgment powerless and helpless.

A person can never truly confront their own weakness. Do you ever find an arrogant person who acknowledges their own weakness and helplessness; even though it's a fact they can't do anything about it? Even if they tried to prove their strength and ability to themselves by simply raising their hand for a long, drawn-out night, they would be powerless! He cannot.

If a person cannot control one of his limbs, how can he control his entire body?! How can he control his future?! How can he control the future of those around him?!

My dear friends, we must reflect a little, for life is a single opportunity that does not repeat itself. Once it is gone, it will not return. What passes without benefit, fruit, or result is a complete waste, and ultimately, it falls upon the one who squandered it.

You will die... you will inevitably die. Can anyone dispute this?!

Who can claim to be immortal and never die?!

You will die... So what will you do?!

From the day you are born until the day you meet your Lord, time is a limited span, a period of time that does not extend in length, but it can be broadened in breadth through blessings in life... through blessings in one's legacy... through a good reputation after death... through what a person leaves behind, through the prayers of those he lived with and those who came after him.

Leave a mark on life that people will remember you by after you have passed away...

Do not leave a bad mark that makes people rejoice in your death and in life being rid of you, and they say: He was an evil person who walked the earth. But let those who weep after you die weep for you because they feel that they have lost a part of themselves with your passing, not that they have been rid of an evil that should have been removed from life.

The opportunity is there, and the matter is simple. Leave aside the exaggeration and complication, for Allah did not make the proof established for humankind on Earth something unattainable or difficult to understand. Rather, this matter is among the easiest of things; otherwise, Allah's proof would not have been established for His creation on Earth!

The matter is simple; do not complicate things. Knowledge is readily available, easily attainable, and within easy reach. A person can grasp its fundamentals, for knowledge is a single point that the ignorant have multiplied!

Leave aside the empty rhetoric, lengthy explanations, and pointless chatter that yields no benefit. Consider what Allah has obligated you to do and for what He created you. Acquire it, devote yourself to it, and attend to your affairs as the Prophet, peace and blessings be upon him, commanded.

You will die alone, be resurrected alone, and be questioned before Allah alone. You will be held accountable for what you revealed and what you concealed, and you will be held accountable for what you did and what you left undone. It is known that man will stand before his Lord, may He be blessed and exalted, as his mother bore him. Nothing about him will be hidden from Allah, and everything he did in this life—within the opportunity Allah granted him—will be recorded and written down.

﴿ أَحْصَاهُ اللَّهُ وَنَسُوهُ ۚ﴾

“Allah had enumerated it, while they forgot it;”[Al-Mujadilah: 6]

because he thought that nothing against him could be recorded!

Indeed, Allah will cause the limbs to speak, so that they may testify about what man did in this life, what he committed, and what he reaped, because man will defend himself before Allah. Nothing is hidden from Allah, but man will stand defending himself before Allah for what his hands have committed!

Then Allah, Lord of the Worlds, will say: “I will make a witness against you today from among yourself!”

He will not wrong him, but rather He will be perfectly just, for He, may He be blessed and exalted, is capable of all things.

He will seal his mouth and command his limbs to speak about what he did in this life and the evil deeds and sins he committed. Then Allah, may He be blessed and exalted, will cause him to speak, and he will turn to his limbs, rebuking them, saying: “Woe to you!” I was struggling for you!!

Then his limbs and organs will say:

﴿أَنطَقَنَا اللَّهُ الَّذِي أَنطَقَ كُلَّ شَيْءٍ﴾

“"We were made to speak by Allah, who has made everything speak;” [Fussilat: 21]

You must change your life!

Don't give up!

Your food and drink... Why are you so overweight and obese for no reason?!

Why?!

You will be weighed before Allah, the Blessed and Exalted, as flesh and fat?!

Why are you so extravagant in food, drink, speech, and sleep?

Why don't you change your life?!

Why don't you stop to reflect on what has been?!

And to consider what is to come?!

To change the wrong path you have been following, and you are persisting in it. Every moment you spend on this path leads you to ruin, destruction, and devastation!!

Stop!

Reflect on your character and temperament. You will find that if you were to speak to someone prone to anger and say, "This is unbecoming of you. You are a wise and balanced man, and when you are angry, you don't know what comes out of your mouth. If you were to look in a mirror when you are angry, you would despise yourself, like a devil with a raging head and a quivering body, never able to settle down. Fear Allah!"

He will say to you, "This is my nature; I was created quick to anger!"

Yes, but divine law was revealed to change natures, so your excuse is unacceptable.

We should strive to change our current state after examining it thoughtfully and gently, and we should know that the true future is what is to come, not what has passed, nor what we imagine or fantasize about.

May Allah's peace and blessings be upon our Prophet Muhammad, his family, and all his companions.

This lecture was delivered on

Sunday, the 26th of Shawwal 1437 AH

(Corresponding to July 31, 2016 CE).

I translated it on

24th of Jumada al-Thani 1447 AH

(Corresponding to December 15, 2025 CE),

A few days after the passing of my mother, may Allah have mercy on her. I was preoccupied with this work and trying to forget my grief over her death. May Allah grant her abundant mercy. I ask you to pray for me, for her, for my parents, and for all Muslim men and women, living and deceased, that Allah may grant them forgiveness and mercy.